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Connecting Team McChord with the Combat Airlift Mission

August 24, 2007

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Summerfest today!

Summerfest kicks off with Sports Day at 8 a.m. today. Events include the wing picnic at 11 a.m. in the pavilion by the base track and NASCAR 400 at 3 p.m. on the track.

All McChord Airmen and family members are welcome to attend the events.

Health alert

By
Tyler Hemstreet
Staff writer

Base officials are asking Airmen to pay close attention to any unusual skin infections and to act accordingly.

The 62nd Medical Group has found a general increase of Methicillin Resistant Staphylococcus Aureus infections on base and in the Tacoma/Pierce County area, said Master Sgt. John Lachance, 62nd Medical Operations Squadron.

MRSA can be contracted by touching surfaces that have MRSA on them, coming in contact with the infected skin of someone with MRSA or sharing sports equipment and personal hygiene items, according to the Tacoma/Pierce County Health Department. MRSA has become resistance to common antibiotics, so it is harder to treat, Sergeant Lachance said.

"It's a very hearty bacteria, so it can live on hard surfaces for a long time," he said. MRSA can have the appearance of a spider bite, any infected skin, boils or abscesses and Impetigo, according to TPCHD.

"If it seems like something is not healing as quickly as it should, we recommend that people come into the clinic," Sergeant Lachance said.

TPCHD recommends people wash their hands often with warm soapy water, avoid contacts with other people's skin infections and avoid sharing personal hygiene items. Wiping down keyboards, phones and door-knobs daily with a disinfectant will decrease risk of infection.



Photo by Abner Guzman

Book adventure

Cathleen McConnell, Point Defiance Zoo educator, speaks to children Tuesday at the McChord library about the forest and the creatures that inhabit it. The presentation was part of the library's summer reading program. The nine-week program will wrap up Tuesday with a party at the library featuring pizza, cake, prizes and games for the children.

New nursing program needs Airmen

By
Tyler Hemstreet
Staff writer

The Air Force's Nursing Enlisted Commissioning Program is looking to fill 50 slots with Airmen who want to complete their bachelor's degree in nursing in two years or less.

The new program, which awards up to \$15,000 in scholarship money to those who qualify, has already filled slots for those who will start classes in the fall, but a second board has been assembled to fill the 50 slots for classes in the spring.

Airmen thinking about applying for the program should have completed most or all of their prerequi-

site nursing classes before submitting an application, said education counselor Bruce Houseman, 62nd Mission Support Squadron.

"The course will cover upper division classes, and it will be very intense for the person going through the program," Mr. Houseman said. "They'll be going to school full time — even in the summer."

Staff Sgt. Aline Ulloa, 62nd Operations Group, has already been accepted into the program.

Sergeant Ulloa has been taking a full class load and working full time for the last year in order to complete all the prerequisites for the program.

"For the past few years I've wanted to get into an enlisted program to get my nursing degree, and I've been

working at it for a while," Sergeant Ulloa said. Sergeant Ulloa said she was filled with joy when she heard she had been accepted into the program.

She will finish her prerequisites Oct. 1, then take a much-needed break until January. Afterwards she will start the NECP at Troy State University in Alabama where she will also be enrolled in the school's ROTC program.

"I'm so excited that I just get to go to school, and I don't have to worry about finances because I'll still be active duty," Sergeant Ulloa said.

The deadline for those interested in submitting an application for the NECP is Sept. 24. For more information, call 982-3149.

Weekend Weather

FRIDAY	SATURDAY	SUNDAY
Hi: 77 Low: 53	Hi: 71 Low: 58	Hi: 70 Low: 55

Forecast generated at 7 a.m. Thursday
Courtesy of the 62nd Operations Support Squadron

Mission accomplished

Total McChord sorties	11,506
Total flying hours	37,925.5
Cargo moved (tons)	80,765.5
Departure reliability rate	94.7%
Mission capable rate	83.9%
Personnel currently deployed	667
Reservists currently activated.....	208
(Jan. 1 to Tuesday. Numbers updated Tuesday.)	

Don't miss it ...

Deployed spouses dinner

There is a dinner for families with deployed spouses from 6 to 8 p.m. Monday at the chapel support center. For more information, call Chap. (Capt.) Kathy Scott at 982-5556.

Next big challenge: Get ready for UCI



Photo by Abner Guzman

By
Col. Jerry Martinez
62nd Airlift Wing commander

The wing has been hard at work for the better part of the year, and I hope you've taken as much time as possible to reenergize yourself because now it's time to shift our focus to a new course. The Air Mobility Command Unit Compliance Inspection is coming up in January, and it evaluates the wing's adherence to Air Force and AMC policy and directives. Now for those of us who have been around a while, a UCI has almost always meant a paper-work inspection. Inspectors would meticulously comb

through our checklists, continuity books and instructions to ensure we were in compliance with policies and procedures. Our UCI will definitely encompass that focus, but in addition, we're going to have to put those checklists, policies and procedures to the test with a major accident response exercise. UCIs are tough. They test all levels of readiness from the wing all the way to the flights, and we must be prepared for it. We are already on the right track with the upcoming exercises in the next few months. Ensure everyone in your unit takes away lessons from these exercises and practices as they would in a real-world situation. Now is the time to start preparing your offices for the UCI. Don't

wait until the last minute — now is the time to take a good look at your unit's procedures and fix any problems or weaknesses. Pull those AFIs off the shelf, refresh your Airmen on operating instructions and get out those checklists. It's time to get focused on the UCI. This inspection is our chance to impress the inspectors with our warfighting capabilities. Preparation for this inspection is our number one priority, and I have every bit of confidence that you will impress the inspectors with the caliber at which we run this base and with our outstanding readiness performance. Thank you in advance for the great effort to ensure a successful UCI.

Ask for help while taking care of yourself, other Airmen

By
Col. Francis Rechner
62nd Mission Support Group commander

By watching the myriad of World Series of Poker, Texas Hold 'Em television shows, you could come to the opinion the person who is the most flamboyant, talks the longest and loudest and bluffs the best, usually walks away the winner. While this works well at TV's poker table, it does not transition well off TV into real life. We must eventually show our cards for others to see what we are made of. Be genuine. Take care of your people — they will take care of you. As a young second lieutenant, there was a younger Airman, Smitty we'll call him, who suddenly started taking a lot of leave in day or two increments. When asked why, he stated

his daughter required increased medical attention, and he needed time to take her to off-station medical appointments and didn't want anyone to know. Long story short, we gave Smitty numerous passes — not leave, his co-workers shouldered his duties, and his daughter had surgery and got better. To pay the Air Force back for his "lost" time, Smitty studied hard, aced his CDCs and ultimately became a training instructor. We took care of him, and by shaping new recruits, he took care of the Air Force. Take care of yourself — emotionally, physically and spiritually. By having balance in these areas people can handle whatever life "flops" their way. For emotions, I've always appreciated people who were passionate, not emotional, about their work. In short, folks who could see themselves as individuals, fit into a bigger organization and mission. If you

are dissatisfied about something, bring it to the attention of someone who can fix the situation. The fitness center and fitness center annex are great avenues to get into and keep in shape — especially as physical fitness is now a reportable category on performance reports. Spiritually, whatever works for you and your family is right for you — and may change over time. Finally, take care of friends and make time for your family. They support us in all we do, and play an intricate part in the success of each and every one of us day in and day out. When your time in the Air Force is finished, they will be the ones standing alongside in the end. Miss Daphne, the boys and I are excited to be part of Team McChord and look forward to seeing what is in your winning hand.

Professionals of the week

62nd Communications Squadron

Staff Sgt. Layne Fuell

Duty title:
Land mobile radio maintenance, noncommissioned officer in charge

Duty section:
Mission systems flight, LMR maintenance

Hometown:
Nephi, Utah

He's stellar because:
Sergeant Fuell provided spectacular customer service and support to key Rodeo staff and participants, issuing over 330 LMRs and cell phones. He addressed requirement shortfalls by organizing lateral support from other Air Mobility Command bases. He also oversees base mobile satellite services management program and ensures accountability for 80 mobile satellite communication systems supporting the wing's security forces, disaster preparedness and flying missions. His goals are to crosstrain into air traffic control and finish a 20-year career in the Air Force.



Staff Sgt. Charles Lyddon

Duty title:
Secure communications network technician

Duty section:
Information systems flight, network management

Hometown:
Eugene, Ore.

He's tops because:
Sergeant Lyddon was a key player behind the outstanding communications support provided for this year's Rodeo competition. He was a driving force behind the successful implementation of three Rodeo networks. He leveraged these three networks to support 1,300 competitors and staff and to ensure access to government and commercial internet networks at all Rodeo venues. The culmination of Sergeant Lyddon's expertise and support directly contributed to the highly successful completion of the largest RODEO competition in history. His Air Force goals are to earn a promotion to technical sergeant and develop his Airmen into highly proficient technicians and effective supervisors.



EDITORIAL STAFF

62nd AW commander: Col. Jerry Martinez
Chief, Public Affairs: 1st Lt. Rachel Valencia
NCOIC, Public Affairs: Tech. Sgt. Carrie Bernard
Editor: Airman 1st Class Kirsten Wicker
Staff writer: Tyler Hemstreet
62nd Services Squadron contributor: Patti Jeffrey
Photographer: Abner Guzman
Graphic artist: Angela Jossy

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CONTACT NUMBERS

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Mailing Address: 62nd AW/PAI
100 Col. Joe Jackson Blvd., Suite 1077
McChord AFB, WA 98438
Phone: (253) 982-5637 **Fax:** (253) 982-5025
E-mail: northwestairlifter@mcchord.af.mil

Maintainers considered for return to flying squadrons

By

Staff Sgt. J.G. Buzanowski
Secretary of the Air Force Public Affairs

WASHINGTON — Air Force leaders are considering realigning aircraft maintenance units directly into flying squadrons.

“It’s important for Air Force units to be structured by mission and not by function,” said Air Force Chief of Staff Gen. T. Michael Moseley.

“Aircraft maintenance is an important element of a flying squadron commander’s mission, so crew chiefs and other aircraft maintainers should fall in that chain of command,” the general said. “The partnership between crew chief and aircrew goes back to our roots and is part of our heritage. We’ll figure out if this is the best thing for Airmen, but it won’t happen before we’ve received all the feedback we need to make it work. This isn’t just change for change sake; we want to make sure this is done right, not necessarily as quickly as possible.

“One of our main priorities is to properly organize, train and equip our Airmen so they can deliver decisive effects globally,” General Moseley said. “We must provide squadrons with the right people with the right skill sets with the right tools. I believe moving aircraft maintenance units to the flying squadrons is best for our Air Force.”

The general said he believes a unit’s home station should mirror deployed flying squadrons as closely as possible.

“We should organize at home the same way we fight,” he said.

“Giving the flying squadron commander the ability to take control of all levels of the flying mission is the right thing to do,” said Lt. Gen. Gary North, the Combined Forces Air Component commander. “Putting maintenance with the flying squadron as



Maintainers from the 446th Airlift Wing 2007 Rodeo maintenance team prepare to compete in Rodeo here recently.

we execute our mission in combat is the way to go.”

Ultimately, most of the work in the Air Force is done at the squadron level. Therefore, the goal is to provide combatant commanders with the most complete and capable fighting squadrons possible, “whether it’s training, mobilizing or generating combat power,” General Moseley said.

The proposal would return aircraft maintenance units to an Air Force organizational structure that was changed about five years ago when a massive realignment moved the maintainers to maintenance groups. Under the proposed plan, other maintenance units, like component repair squadrons, will remain within maintenance groups.

“The squadron is the building block of Air Force organizational structure and we need to organize it for success,” he said. “We have our wing- and our

group-level organizations right, but I don’t think we’re there yet at the squadron level.”

General Moseley recently sent out a survey to squadron, group and wing commanders about the proposed change. He said he continues to receive feedback. Because this initiative is still in the planning stages, Air Force leaders are determining if this is the best course of action for all flying squadrons.

“I’m convinced this is absolutely the right thing to do for fighters, but I’m still getting input on whether it should apply to [unmanned aerial vehicles], airlifters, tankers and special operations aircraft as well,” General Moseley said. “I’ve spoken with several squadron commanders, and they all want this change. Now we just need to figure out if it will work for the entire Air Force.”



McChord's Airmen

AROUND THE WORLD



BAGHDAD, Iraq — Chief Master Sgt. Cary Hatzinger, 62nd Mission Support Group, and Airmen from the 62nd MSG perform a retreat ceremony recently.



CHRISTCHURCH, New Zealand — Airmen and New Zealand Defense Force terminal operations personnel off-load a pallet from a McChord C-17 Globemaster III at Christchurch Saturday. The C-17 is at Christchurch to begin the annual winter fly in augmentation of scientists, support personnel, food and equipment for the U.S. Antarctic Program at McMurdo Station, Antarctica. WinFly is the opening of the first flights to McMurdo station, which closed for the austral winter in February.





By

Michael Wynne
Secretary of the Air Force

As Airmen fight terrorism in the far corners of the world, the sacrifices asked of them and their families have increased significantly. These sacrifices have been accepted with courage and valor, and I am very proud of their contributions both at home and abroad. Nevertheless, under such circumstances, it is natural for our people to feel the stress of these demands and to be overwhelmed at times.

Tragically, too often, these pressures end in suicide. This year the Air Force has lost more Airmen to suicide than to direct enemy action.

In stressful times such as these, with so many Airmen deployed and with so many others pushed to the breaking point, it is vital that we all understand that we are not alone. We are partnered in this war and bonded in the service. It is up to us to look out for one another. We must make every effort to understand the people around us, to talk to them and get to know them on a personal level. We must treat our

people with respect and demonstrate integrity and empathy up and down the line. Airmen must understand that they can talk through their difficulties. They must know that there is a wingman available to listen, be it a chaplain, family counselor, day care provider or simply a friend.

In the battle against suicide, knowledge is one of our main weapons. Understanding the signs of stress and depression in yourself and others can empower you to know when to seek help and wingmen to know how to help each other. All Airmen should know that

treating depression improves quality of life and job performance. It is extremely unusual for an Airman's career to suffer negative effects from seeking help for emotional difficulties. Getting help when you're hurting is the right thing to do. Smart Airmen seek out help when they need it and great wingmen know when to encourage their peers to get help.

Many suicides can be prevented. By working together, we can all make a difference and save lives. It is the responsibility of every Airman to be a good wingman and to reach out to those in need.

AF pays tribute to women's contributions

MAXWELL AIR FORCE BASE, Ala. — In conjunction with the Air Force's 60th anniversary celebration this year, the country's youngest military service is paying tribute to women's contributions to its rich history and heritage.

"Heritage to Horizons: Earning Our Wings and Reaching the Stars" is the theme of the 2007 Air Force Heritage to Horizons Women's Training Symposium Oct. 31 to Nov. 2 at the Waterford Receptions center in Springfield, Va.

"We anticipate attendees will gain an understanding of the accomplishments and challenges faced by women in the Air Force, both past and present, and grow an appreciation for the potential women have in our future Air Force," said Col. Kim Bowling, event organizer and commander of the Air Force Institute of Advanced Distributed Learning at Maxwell Air Force Base, Ala.

"The symposium strives to celebrate the accomplishments of women in the Air Force, share information and address issues relevant to women," she said.

Scheduled keynote speakers and panelists include Lt. Gen. Terry Gabreski, vice commander of Air Force Materiel Command and currently the highest ranking female in the Air Force; retired Maj. Gen. Jeanne Holm, the first woman to be promoted to brigadier general in the Air Force and the first woman in the armed forces to serve in the grade of major general; and Tech. Sgt. Kathy Shaw, the first female

enlisted tactical combat convoy commander.

"What a spectacular opportunity to honor our heritage and experience that heritage through the eyes of actual 'living legends,'" said Lt. Gen. Stephen Lorenz, Air University commander. "We live in exciting and changing times, but it's important to take time to recognize the accomplishments of Air Force women, past and present, reinforce pride in those who serve and generate excitement for our promising future."

Air University is the organizing institution for the symposium.

The symposium also will feature "Heritage Panels," where veteran and active duty panelists will share their experiences from their respective slices of Air Force history; an exhibit hall, featuring heritage displays and experts on hand to discuss women's issues; and several professional development forums, covering topics such as pregnancy and Air Force careers, women's contributions to medical advances on the battlefield and serving overseas in male-dominated cultures.

The symposium is open to women and men who have served or are serving and for Department of Defense civilians. The first day is for Air Force people only, while the second and third days will be open to members of all services.

For more information, people with a common access card can visit <https://maxlogin.maxwell.af.mil/airforcewomenssymposium>. (Article courtesy of Air Force Print News.)



Speakers talk integration, cyberspace at technology conference

By

Stephen Hurst
754th Electronic Systems Group
Public Affairs

MONTGOMERY, Ala. — Nearly 5,000 government and industry officials gathered here at the Auburn University-Montgomery campus Aug. 13 to 15 for the 2007 Air Force Information Technology Conference.

Hosted by the 754th Electronic Systems Group in conjunction with the city of Montgomery, the Air Force Information Technology Conference, or AFITC, provides information technology users with current and planned efforts of industry and various government agencies in promoting "Global Effects Through Integrated Information" — the theme of this year's event.

Air Force, Department of Defense and industry senior leaders spoke to attendees about the latest developments in technology and implementing and delivering integrated information to the warfighter.

Lt. Gen. Charles Johnson II told conference attendees that technological advances made throughout the last two decades have been amazing. General Johnson is the Electronic Systems Center commander at Hanscom Air Force Base, Mass.

"There is so much out there that we need to integrate," General Johnson said. "Net-centricity is the lifeblood of our operations and the future of the armed forces."

While further discussing the need for joint, integrated information, Lt. Gen. Charles "Charlie" Croom Jr. briefed attendees on several ongoing efforts, such as the Global Directory Service that will enable users to obtain contact information across branch-of-service boundaries. General Croom is director of the Defense Information Systems Agency.

Dr. Lani Kass, the special assistant to the Air Force chief of staff and director of the CSAF's Cyberspace Task Force, discussed the need to dominate the five areas necessary to effectively wage war — land, sea, air, space and cyberspace.

She highlighted the importance of cyberspace by describing how terrorists have used the internet as a "virtual university" to recruit and train members. She also noted that consumer electronics, mobile communication devices and the Web have been used to coordinate and carry out terrorist attacks.

"We have established a strategy to dominate cyberspace and the electromagnetic spectrum," Dr. Kass said.

The conference also featured several keynote addresses from industry leaders who discussed how the technologies they are involved with are benefiting the warfighter.

Mike Lazaridis, president and co-chief executive officer of Research in Motion, discussed how mobile technology is enabling global connectivity 24/7. Douglas Merrill, vice president of engineering for Google, discussed how Internet search capabilities are benefiting Air Force information technology developers.

"Search is the oxygen of today's information technology," Mr. Merrill said. "Without search, it is impossible to compare various ideas in a small amount of time."

Scott McNeely, Sun Microsystems chairman, discussed how sharing open architecture software is benefiting information technology developers through online developer communities.

"Open architecture lowers the barrier of entry associated with cost to IT developers, enabling us to leverage their innovation through research and development," Mr. McNeely said.

In addition, a first at this year's conference was a small business matchmaking event, which was designed to help small IT businesses learn how to do business with the government.

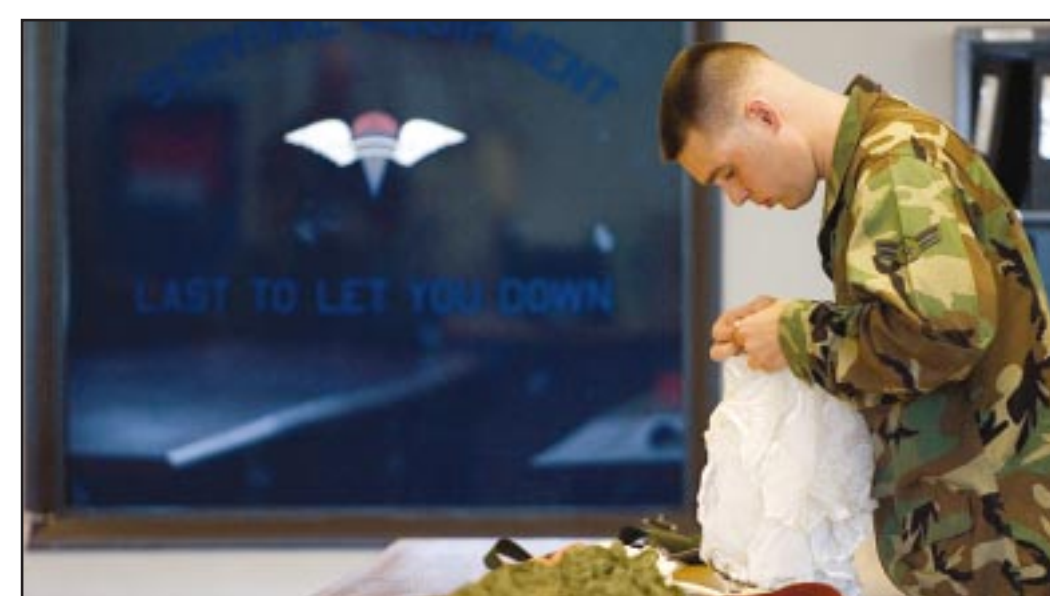
Ron Poussard, director of Small Business Programs for the Air Force, gave a special address to the small business representatives in attendance.

"We know the importance of small business to the economy through their constant innovation and job creation," he said. "We must make sure as an Air Force that we do not neglect the resources that small businesses can bring to the warfighter."

Photos by Abner Guzman



Senior Airman Sean Draney, left, and Staff Sgt. Nathan Schasee, both 62nd Operations Support Squadron, check the suspension lines on a main parachute for continuity and defects Aug 15.



Airman 1st Class Peter Cramer, 62nd OSS, performs a step-by-step inspection and repacking of a back-automated emergency parachute as part of his aircrew flight equipment certification.



Airman Cramer inspects a parachute canopy for defects.

FLIGHT EQUIPMENT SHOP LAST TO LET YOU DOWN

By
Tyler Hemstreet
Staff writer

The work Airmen in the 62nd Operations Support Squadron's aircrew flight equipment section perform can be very tedious at times.

They spend hours each day carefully inspecting popped parachutes for holes or tears, checking and double-checking the cords that hold the chutes together and methodically folding and packing each chute. While some Airmen are checking parachutes, others are combing over giant 46-person life rafts and inspecting anti-exposure suits for leaks.

"The work might be tedious, but it's so important because we're dealing with lives," said shop chief Cedrick del Castillo, 62nd OSS. "If we don't pack a chute or inspect a life preserver correctly, someone doesn't come home. We have to make sure everything gets done right."

The section packs six different types of parachutes for Army and Air Force units at Fort Lewis and the 22nd Special Tactics Squadron here. Each Airman knows the seriousness of their work and strives for perfection each time, said Staff Sgt. Nathan Schasse, 62nd OSS.

"The more you do it, the easier it gets," Sergeant Schasse said while changing out an oxygen bottle in a parachute. "Even though it gets repetitive, there are no second chances."

Airmen spread out the parachutes on 50-foot long tables or a heavily padded and carpeted floor in another room so they can go over each one with a fine-toothed comb. After the inspection, they neatly and carefully fold and pack the chute.

In the case of a small tear in the parachute or cord, the shop has several sewing

machines that allow Airmen to make the repair.

In the same manner that a hole in a parachute can result in loss of life, the same can be said for a hole in a life raft, anti-exposure suit or life preserver that is stored on each C-17 Globemaster III.

Each giant yellow raft takes four people to pack it up, but only one minute to fully inflate, said Staff Sgt. Amy Weger, 62nd OSS.

"We check to see if it has any holes, see if the bottles [for inflation] are still good and if it inflates correctly," Sergeant Weger said.

Crews then have to make sure the raft stays inflated for six hours, she said.



Tech. Sgt. Nicholas Smith, left, 62nd OSS, performs one of several critical point inspections, or "rigger checks," during the initial folding of a main parachute canopy as Airman Draney looks on.

In a move that took effect in July, the survival equipment section merged with the life support section to form aircrew flight equipment.

The merger will enable Airmen in the survival equipment section to cross train and learn the skills in life support and vice versa.

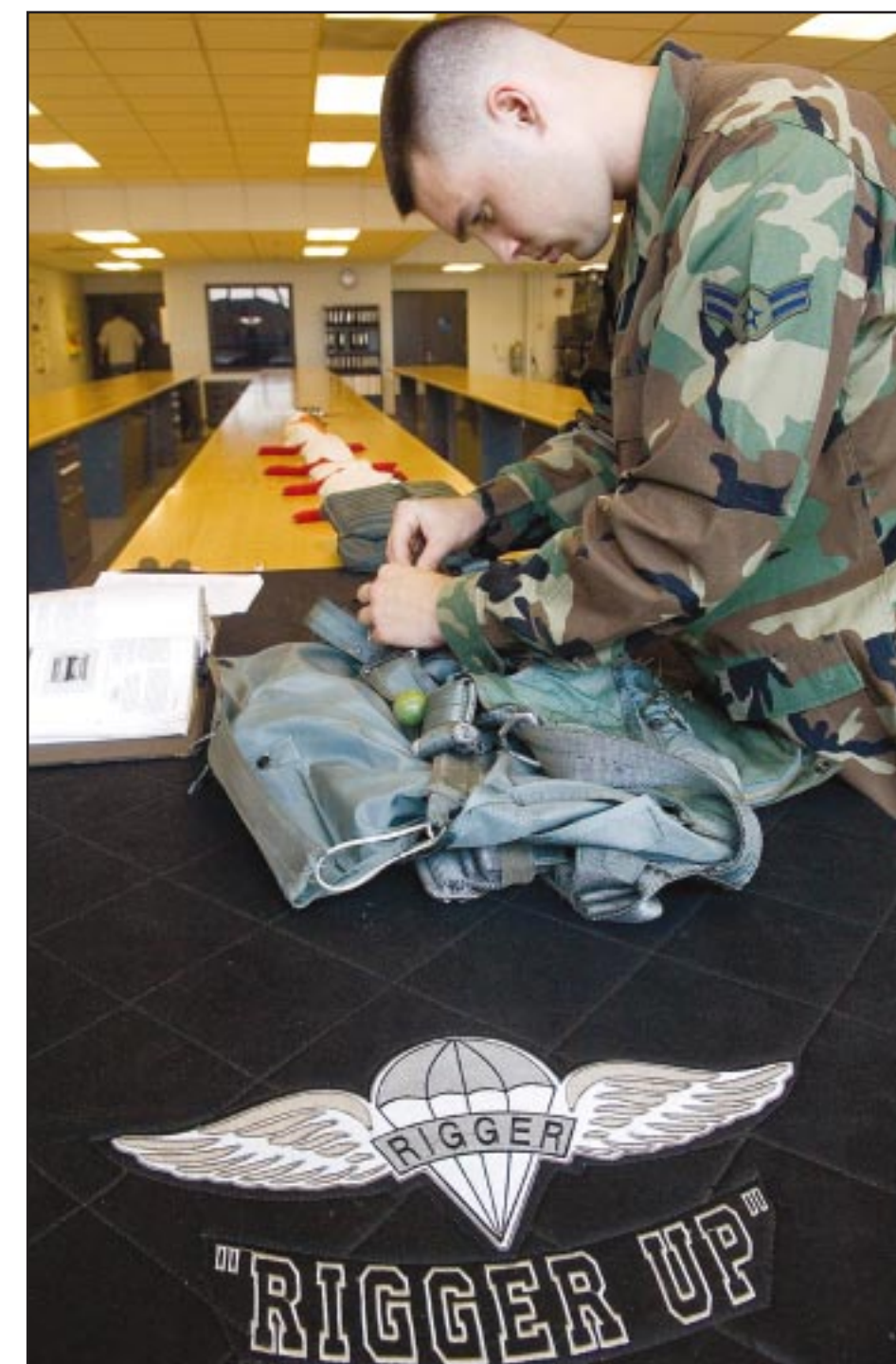
Despite the change in title of the shop, the pursuit remains the same: to save lives.

"We know we're the last resort for aircrews," Mr. del Castillo said.

And although the work can be tedious, the section's role in the overall mission is something everyone understands and embraces, he said.



Airman 1st Class Matthew Michels, 62nd OSS, inflates a life preserver and looks for leaks during a functional test in the aircrew flight equipment flotation section.



Airman Cramer repacks a parachute.

Professor swims into record book ... again

By

Wayne Amann

U.S. Air Force Academy Public Affairs

U.S. AIR FORCE ACADEMY, Colo. — Lt. Col. Tim Lawrence takes to challenges like a fish to water.

The long-distance swimmer extraordinaire swam the English Channel in 1999, was the first American to swim the 41 nautical miles around Britain's Jersey Island in 2002, was the first American to swim from the island of Vis to Split, Croatia, and was the first American to swim the 14.8 nautical miles from Jersey Island to France on July 22, 2006.

"This is my last swim," Lawrence said after reaching his French destination.

However, another unconquered body of water changed his mind.

The Air Force Academy's Space Systems Research Center director teamed with German Air Force civil servant and former Academy aeronautics instructor Peter Zabel to swim approximately 42 miles from Santa Barbara Island to Rocky Point Beach in Los Angeles in 31 hours, 25 minutes. The feat ensured their place in the Guinness Book of World Records as the first tandem to successfully swim that channel.

Lawrence hit the water Aug. 1 at 10:30 a.m. for his first three-hour shift.

"It was a mixed bag," Lawrence said of the conditions. "The calmness of the water was ideal, one-to-three-foot waves that were occasionally white capping. The water temperature was good, 64 degrees at the start and warmed up as we got closer to the end. Our only unknown that really hurt us was the current."

Lawrence estimated the current was moving at one nautical mile per hour, while he was swimming at 1.5 nautical miles per hour. About three hours out, the tide turned, the current relented and they made progress.

With 3.5 miles to go, a fatigued Zabel, who was distance swimming in open water for the first time,



Courtesy photo

Following their long-distance relay swim Aug. 1, Lt. Col. Tim Lawrence (in swim cap) and Peter Zabel are flanked by, left to right, Peter's father Ernst, Lawrence's coach Rick Oerman and Santa Barbara Channel Swimming Association observers Dean White and Emilio Casanueva. The two swimmers combined to swim from Santa Barbara Island to Los Angeles, a distance of 42 miles, in just over 31 hours to earn a spot in the Guinness Book of World Records.

yelled to Lawrence during a transition, "I'm not going to swim any more!"

"I told him 'I've been at this 30 hours, I'm not going to quit this swim,'" Lawrence recalled. "I just dug deep, swam hard and we finished an hour and 25 minutes later."

Lawrence swam a total of 16 hours, 25 minutes while Zabel swam 15 hours.

"When you look at it strategically, it's self-defeating to think of swimming the entire distance," the 41-year old Lawrence said. "Since Peter had no experience, I told him to just think about lasting through his next three-hour relay."

Two Santa Barbara Channel Swimming Association observers were along to verify certain rules were followed. The swimmers could not be touched by humans. No

floatation devices were allowed. The swimmers could not touch the boat.

They were fed a very high energy carbohydrate drink every hour in a tightly sealed sports bottle thrown to them on a string. Lawrence dropped 10 pounds during the swim.

The SBCSA will present Lawrence and Zabel with a medal during a November ceremony and enter the feat into the Guinness Book of World Records.

Lawrence received an e-mail recently from the British Long Distance Swimming Association, challenging him and other Americans to a relay race with the Brits around an island twice, a distance of 84 miles. The Waterloo, Iowa, native is undecided whether to participate.

"I hope my accomplishments can motivate the cadets," the astronautical engineering professor said. "That's

what our job is, to create better officers. I tell them if they're going to enjoy life, they have to go for high challenges, which aren't necessarily achievable. You have to work hard, regardless."

Lawrence's feat is more impressive when you consider, just four days earlier he completed, with his 68 year-old uncle, the nearly 500-mile, Des Moines Register's Annual Great Bicycle Ride Across Iowa, or RAG-BRAI.

"Doing these things so close to each other may not have been smart," Lawrence admitted. "It came down to a mental thing. When I jumped in the water, I had cramps in my hamstrings and my calves, so I relied a lot more on my arms. Sometimes, if you really push yourself, you can do extraordinary things."

Pace team encourages 2007 Air Force marathoners

By

Rachel Castle

88th Air Base Wing Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — It takes encouragement and a little coaxing to get most people to run for hours and miles on end, but members of the Air Force Marathon Pace Team are vocal supporters for people who endure the annual run at Wright-Patterson Air Force Base.

Pace team members run the race while holding a huge time sign in one arm, yelling words of encouragement to the members in their group, and some won't cross the finish line until every member of the team crosses first.

They will be here again Sept. 15, calling out encouragement and prodding on their runners.

Pace team members are cheerleaders of sorts. Not the kind one sees at a basketball or football game, but rather, the kind who runs marathons and helps others to cross the finish line, cheering them on for the entire 26.2 miles.

"If you wanted to run 26.2 miles alone you could have just walked out your front door and started running," said Jim Crist, a pace team member. "When you're with a pace group, you're running with a team and have lots of teammates to support you in your effort. I pace to help the other runners achieve their goals, whether it's to finish their first marathon or qualify for Boston."

Anyone interested in running with a pace team can stop by the booth at the Sports and



U.S. Air Force photo

Jim Crist, pace leader, looks on as participants in the 2006 Air Force Marathon come down the home stretch at Wright-Patterson Air Force Base, Ohio.

Fitness Exposition Center at the Nutter Center here Sept. 13 or 14. Pace teams are available for both the full- and half-marathon races Sept. 15 here.

Pace teams for the full marathon will lead

times for 3:10, 3:20, 3:30, 3:40, 3:50, 4:00, 4:10, 4:20, 4:30, 4:45 and 5:00. Lead times for the half marathon will be 1:40, 1:50, 2:00, 2:10, 2:20 and 2:30. There is no extra cost to run with a pace team.

Virtualized servers save time, money, power

By

Jennifer Pearson

Global Cyberspace Integration Center Public Affairs

LANGLEY AIR FORCE BASE, Va. — “The server is down” are four words you never want to hear at work, especially in Iraq. Global Cyberspace Integration Center Airmen have teamed with Multi-National Corps-Iraq communications people to evaluate server usage and provide methods of improvement to eliminate this problem, specifically server virtualization.

At Camp Victory, Baghdad, the current servers directly support 8,000 U.S. and coalition warfighters. Following the implementation of the Server Consolidation for Advanced Leveraging of Equipment, or SCALE, the number of servers necessary to support the base decreased from 56 to nine.

SCALE is the process of harnessing unused computing and storage capacity through virtualization technologies. Typically, operating systems, software programs and applications run off individual servers and commonly use less than five to 10 percent of the server’s capacity. SCALE is able to harness the excess computing capability that is normally wasted and running idle to power separate individual virtual servers without the need for additional hardware.

A single box becomes two, three or even 20 plus servers yet still only needs the power and cooling of the one physical box. The operating system is decoupled from the limits of a single system and becomes portable, scalable and fault tolerant in the process.

“SCALE is the wave of the future for servers,” said Maj. Lanny Greenbaum, GCIC SCALE initiative manager. “We no longer have to go out and buy



Photo by Amelia Donnell

As part of a demonstration at the Global Cyberspace Integration Center, Lt. Gen. Michael W. Peterson, Tech. Sgt. Rob Eubank and Maj. Lanny Greenbaum clip wires to create a “network outage” to showcase server virtualization survivability.

a new server for each application added to the network.”

In Iraq, electrical power is a key commodity and the new virtual servers produce a power savings of 75 percent, an estimated \$16,000 per year in electrical cost avoidance alone. They save 80 percent on heating, ventilation and air conditioning, or HVAC, demands as well.

“It is largely as a result of [GCIC’s] testing that we are moving forward confidently into a new era of server virtualization in Iraq,” said Lt. Col. Jim Bell, Multi-National Corps Iraq information systems division chief.

SCALE enables system administrators to migrate virtual servers to other boxes without interrupting day to day operations when regular

maintenance needs to be scheduled.

Additionally, when one host server goes down, the applications automatically migrate to alternate hosts with minimal interruption to the end user.

The system heals itself and restarts any services it notices missing. The ability to physically move a system from one box to another with no interruption in connectivity is impressive, say GCIC officials. It allows for periodic maintenance without sacrificing operation timeliness.

SCALE also is a man-power saving capability. The virtualized server essentially provides a “wrapping” around the entire server package. With SCALE there is no longer the need to restore a server by building it from the ground up. System administrators are able to copy and install each operating system and server from a “snap-shot” from a back-up server and have it running in one day compared to a week. This reduces the risk of errors or installation problems.

“Fail-over recovery is to the point that if one server does go down, by the time you’ve contacted the helpdesk, everything is operational again without human intervention,” said Tech. Sgt. Robert Eubank, GCIC system administrator noncommissioned officer in charge.

Following the success of SCALE in Iraq, other Air Force organizations are looking at implementing this virtualization technology into their work environment. The benefits of SCALE enable more effective server resources by reducing man-power efforts, space and HVAC demands required to sustain existing and future operations.

Given the constraints of today’s shrinking Air Force, server virtualization increases user capability while reducing resource allocation. This concept reduces the cost of the Air and Space Operation Center server environment with a smaller, more efficient solution.



Names to Note

The following Airmen recently graduated from the Julius A. Kolb Class 07-F Airman Leadership School:

- **Senior Airman Deanna Marks** 1st Weather Squadron
- **Senior Airman Janet Freshley** 4th Airlift Squadron
- **Senior Airman Ricardo Barbary Jr.** 62nd Aerial Port Squadron
- **Senior Airman Derek Rea** 62nd APS
- **Senior Airman Tierra DeJong** 62nd Aircraft Maintenance Squadron
- **Senior Airman Sheffey Martin** 62nd AMXS
- **Senior Airman Michael Miller** 62nd AMXS
- **Senior Airman Shawn Pharr** 62nd AMXS

- **Senior Airman Daron Tienhaara** 62nd Civil Engineer Squadron
- **Senior Airman Starla Olson** 62nd CES
- **Senior Airman Nicholas Neven III** 62nd Communications Squadron
- **Senior Airman Cyd Garcia** 62nd Comptroller Squadron
- **Senior Airman Lorien Anslow** 62nd Logistics Readiness Squadron
- **Staff Sgt. Kevin Imel** 62nd LRS
- **Senior Airman Jessy Pitts** 62nd LRS
- **Senior Airman Bradley Zink** 62nd LRS
- **Senior Airman Brian Ball** 62nd Maintenance Squadron
- **Senior Airman Katherine Kulesza** 62nd MXS
- **Senior Airman Stacy Neagles** 62nd Medical Operations Squadron
- **Senior Airman Emily Burns** 62nd Operations Support Squadron

- **Senior Airman Glenn Fontenot** 62nd OSS
- **Senior Airman Rachel Keener** 62nd OSS
- **Senior Airman Juanita Terrill** 62nd OSS
- **Senior Airman Coty Cain** 62nd Security Forces Squadron
- **Senior Airman Tyrone Hagans Jr.** 62nd Services Squadron
- **Senior Airman David Shrauger** 86th Aerial Port Squadron
- **Senior Airman Richard Marquez III** 361st Recruiting Squadron
 - **Senior Airman Veronica Guzman** 433rd Aeromedical Evacuation Squadron
- **Senior Airman Holly Rothschadl** 446th Aeromedical Staging Squadron

The following Airmen were award recipients:

- John L. Levitow Award – **Airman Guzman**
- Distinguished Graduate Award – **Sergeant Imel**
- Distinguished Graduate Award – **Airman Keener**
- Academic Achievement – **Airman Fontenot**
- Leadership Award – **Airman Marquez**

5K family fun run

There will be a 5K family fun run at 10 a.m. Sept. 8 for all McChord Airmen and their families. A \$10 entry fee supports the scholarship fund. Register by email by Aug. 31 at *Raphael.Michel@mcchord.af.mil*.



Faith and Worship Programs

For more information, call the chapel support center at 982-5556.

The following chapel program takes place at the base chapel support center, Bldg. 746, unless otherwise noted:

Adult Bible study is from 11 a.m. to 1:30 p.m. Wednesdays.

Schedule of worship services



Catholic Services:

All Catholic services are in chapel two.

Saturday: 4 p.m. Confession
5 p.m. Mass

Sunday: 9:30 a.m. Mass
11 a.m. Mass

Protestant Services:

Sunday: 8:30 a.m. Liturgical worship: Chapel one
9:45 a.m. Sunday school for all ages at the chapel support center
11 a.m. Traditional worship: Chapel one
11 a.m. Contemporary service: Chapel support center

Jewish Services:

Friday: 6 p.m. Fort Lewis chapel every 1st, 3rd and 5th at the corner of 12th Street and Liggett Avenue 967-6590

Orthodox Activities:

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th Street and Yakima Avenue, Tacoma

Other services:

Orthodox Christian Community, Cascade Chapel, Fort Lewis

Sundays: 8:45 a.m. Pre-Communion prayers
9:30 a.m. Divine Liturgy

Confession is by appointment only. Call Father John Anderson at 967-1717 or 906-6843 or e-mail *father.anderson@us.army.mil*.